

UNITY DAILY WORD

The magazine whose spirit of good cheer radiates from its printed page and sparkles in the heart of him who accepts it as his daily friend.

YOU WILL ENJOY:

"Turning Prosperity Thoughts into Loaves and Fishes," "Finding the Exact Cause of the Disease," A page of inspiration for each day in May.

May, 1928

10 cents

\$1 a year

REINCARNATION

I think reincarnation's true
Because each morn I'm born anew;
At night, I finish one day's life,
Forget its pleasures or its strife.
When daybreak comes, a brand new
self

I find on the celestial shelf;
A mind alert, a body light;
A bright, new world's been born o'er
night.

My every friend of yesterday
Has found reincarnation's way;
At least, I see him new in heart,
So young and fresh, of Life a part.

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UNITY DAILY WORD

A magazine whose spirit of good cheer radiates from its printed page and sparkles in the heart of him who accepts it as his daily friend. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, c/o Unity School of Christianity, 917 Tracy, Kansas City, Mo.

I HEAR THE WHIR OF WINGS

Sometimes within my soul I hear the whirl of wings,
And often in my dreams I soar above the things
That seem to bind me fast and keep me in their hold;
But things are only things when we our wings unfold.
Do angels only have the wings that I would grow?
Are there some other kinds of wings that man may
know?

Are love and truth the wings by which he can ascend
Above the world's turmoil, right to the rainbow's end?
I know that love and truth have pinions safe and
strong;

I know they'll carry me above all sense of wrong.
So, after all, you see that things are only things
When one has love and truth and hears the whirl
of wings.

JUST FRIENDS

'Twould never do for God to live across the street,
Or in the house next door, where we should daily
meet;

So in His wisdom and His love He sometimes sends
His angels kind to walk with us—we call them
“friends.”

Just friends—one word! But letters can express
A wealth of sympathy and pure unselfishness.
One syllable—a single breath can form it—friends,
Yet O how much our happiness on them depends!

When trouble comes, or loss, when grief is ours to
bear,

They come, our friends, with words of cheer, our load
to share.

How could we face defeat without a friend's caress?
Had we no friend to praise, how bare would be
success!

* * * * *

'Tis not God's plan that we shall see Him face
to face,

Yet He would hedge us in with His abounding
grace;

And so His messengers of love to earth He sends.
They're angels, but we know it not, and call them
“friends.”

—George H. Free; *Grand Lodge Bulletin.*

FINDING THE EXACT CAUSE OF THE DISEASE

"What is the cause of my disease?"

The great Physician's remedy



ANY inquiries come to Unity headquarters in which a very familiar question is asked. "What is the cause of my particular disease? Does some special adverse belief I am unconsciously entertaining cause this physical inharmony to appear?" A question of this kind calls for an answer with an explanation.

In Christian metaphysics we become sufficiently acquainted with psychology to know that thoughts do express themselves in the physical body. We know that there is a definite relation between mind and body, a well defined correspondence between certain thoughts and certain physical appearances. With this in mind we still have before us the question: "Is each physical appearance (as health or disease in a certain part of the body) the result of a certain thought?"

If the thought of fear produces a blanched face, a temporary condition of anæmia, is there some other adverse thought which causes a lack of proper blood supply to some other part of the body? If modesty or self-consciousness produces a flush on the face and neck, does some other thought definitely cause a chronic stagnation or fever in another part of the body?

The person who has studied Truth for a considerable time, one who has studied disease and

demonstrated health for himself or others, will appreciate that there is a close connection between hate or love and the action of the heart; between appetite and obesity; between the belief in lack of life or depression and the appearance of paralysis or lung trouble; between lack of relaxation and the appearance of headache, high blood pressure, and nervousness; between impure thoughts and blood affections. So we could go down the whole list of physical diseases and find in the mental life something which would seem to correspond to each of them.

In a disease like cancer there appears to be a strong belief that the body is material and, therefore, destructible; that it is of the flesh and must go the way of all flesh. Tumorous conditions result from abnormal functioning of the accumulative instinct; in this condition there appears to be a tendency for one to hug to himself more than he needs. One who has had financial reverses and has let them master him or one who through grief over a death permits himself to drop into a state of despair and giving up may find that he relaxes a certain hold upon the functions of his kidneys and they become weakened.

It is quite possible that when two or more adverse thoughts are entertained that they produce some physical inharmony quite different from that which would be produced if each adverse thought were working alone. We can see, then, that we cannot

be too cocksure that back of the disease which appears there is a definite adverse thought. Again, it is quite possible that one may be so positive in his thinking, that he is so grounded in some such thought as that of love, for instance, as to influence and change the result of his adverse thinking and his appearance of disease so that it bears little relation to the adverse thought suspected of causing it. Here the structure of our reasoning, this matter of being so definite about cause and effect, begins to tumble.

We have been talking disease and its effects and finally have been brought to the place where we were forced to recognize love. So the healer who has weathered many experiences in treating finds that he must look to something else than disease and physical appearances and the effect of adverse thought.

"What is the cause of my disease?" Failure to know the healing truth of Christ. Possibly there is too great a tendency to give disease power and to think of the power back of its cause and not enough knowledge of the power back of health!

"What is the great Physician's remedy?" A consciousness that in reality there can be no cause of disease because God, life and health, is the only real cause in the universe; a consciousness that, in Truth, adverse thoughts have no power because the healing mind of Christ has all power.

In practical Christianity, one should never be an extremist. Consequently, in the matter of healing

he should be conservative. One should not think that specific treatments (those in which a certain thought is emphasized to heal a certain disease) are not good because they are being used and are being proved effective by healers. On the other hand, one should not think that general treatments (those in which healing is applied in a general way) are not effective and good.

The point is this: If you need treatment, try any righteous method of prayer or treatment. Try the specific treatment or the general one. You are sure of results in some way or other. Have faith in God and in your innate ability to manifest the healing Christ. In every case one thing must be avoided and that is an overemphasis of the power of the disease or of adverse thought. In your treatment you must rise above all belief in disease. You must not think of it as real or as belonging to yourself. You must think of yourself as a part of God, untouched by adverse thought, by adverse causes, or by adversity in any form.

After all, our seeking for the cause of disease has brought us to the cause of health. Even adverse thought has been the means of our being led to absolute thought. Disease has become a signpost pointing to health: The philosophy of disease turned to a philosophy of life and of healing. After all, God, the omnipotent One, still reigns in our hearts and continues to heal our minds and our bodies. Praise be to Him for His healing truth!

TURNING PROSPERITY THOUGHTS INTO LOAVES AND FISHES

"How will good thoughts pay the landlord?"

*Converting rich ideas into the coin of the
realm*

DOES the term "loaves and fishes" frighten you? Does it sound too material for a metaphysical lesson? Jesus was not afraid of the loaves and fishes because to Him they symbolized the physical manifestation of a thought of supply. One who commercializes Truth, one who turns his understanding into his own financial gain, is often spoken of as "working entirely for the loaves and the fishes." We need not think of one who demonstrates supply for his physical needs as one who is commercializing Truth. In fact, if the student of Truth is unable to make his demonstration of supply, he has failed to understand the teachings of Jesus.

The prosperity demonstration then is an actual proving of the law of prosperity. The thought in itself is not sufficient to clothe and to feed us. It is not sufficient to pay rent to the landlord or to pay the bill for groceries. The thought must take on the tangible form by which it will be recognized as the coin of the realm. Just as long as there is necessity for money just that long will there be a necessity for bringing it forth by some means or other.

Money is not something to be despised. Doubt-

less, many students who consider themselves too far developed to think of money find themselves without it. Money is not attracted to the one who pushes it away from him as something tainted or unworthy for him to touch with his spiritual hands. We need not argue the cause of the need of money, or the need of the student of Truth to demonstrate it. The necessity of having money, the necessity of making a financial demonstration, is too apparent.

We take for granted that you know how to think prosperity and that you realize the importance of thinking it if you wish to make prosperity appear; that you realize how important it is that you think prosperity to the utter exclusion of thoughts of lack; that you, to some measure, have tried to demonstrate prosperity.

Here is a very important point in demonstrating prosperity: When you get the consciousness of prosperity, you must live in it. You cannot afford to sit in the silence and concentrate on prosperity then go into a world where you recognize lack. You must take the attitude that your prosperity already has appeared. It is necessary for you to stay in this consciousness, keeping a positive assurance that your prosperity is at hand, an assurance which is a definite freedom from strain or tension. It is necessary for you to be so confident of your prosperity that you can have no surprise about the source of your prosperity or the bountiful measure in which it appears.

The expression, "turning thoughts of prosperity

into loaves and fishes," is but one way of saying "transforming your consciousness of prosperity into tangible prosperity." What is the secret of such a demonstration? The secret can be simply expressed and is easily followed. It is this: *Keep moving toward your prosperity.* Do not entertain a thought, utter a word, or commit an act which would retard your step to this goal!

Students sometimes say, "When I left the silence (or when I finished the treatment), I did this or that." Remember the silence does not end until the demonstration is made. After the silence your every thought, word, and act must be one which leads you on and on to the very possession of the thing for which you have prayed. Every thought about lack holds you back.

Keep moving toward your prosperity! Keep yourself so related to that which you desire that it finds itself literally in your arms. Keep your consciousness in such a high state of rapture that you live in the very midst of heaven with all things at your disposal.

An American financier recently said that the reason that more people did not have automobiles and other modern conveniences and luxuries is that they are still in the donkey and cart consciousness.

To demonstrate prosperity, one must give up the consciousness and the thought of lack. He must enter and live in the Christ consciousness, that consciousness in which he perceives all-sufficiency in all things,

filled wine casks in place of empty ones, gold coins for tax money, loaves and fishes in place of emptiness.

Keep moving toward your prosperity! Get the consciousness of prosperity and retain it. The feeling of prosperity will give you self respect. You will be a better Christian through feeling nearer to the Father's storehouse.

Keep moving toward your prosperity! This day, begin to clean out of your consciousness any belief that God does not want you to be prosperous. Have faith in prosperity. Feel that the very Spirit of Christ is inspiring you to prove the law. Feel tonight that you are one step nearer the thing for which you are praying.

Keep moving on! Prepare yourself in any way that will make you draw a better position or better advantages. Leave no stone unturned in your determination to move on, to cause the "loaves and fishes" to appear.

Aim today to get a little clearer realization of your prosperity. Make a little closer contact with it in such a way that you definitely feel that you have taken a firmer grasp upon it.

Your thought will be transformed into tangible supply more quickly than you think if you will but follow the gospel of going on. Keep moving toward your prosperity!

PRINCE OF THE LIGHT

WILLIAM ALONZO COOPER

Like a prince of the Light is the Spirit of man

For he stands close to God who is king;

He partakes of the power of the holy and great

And to earth heaven's kingdom shall bring.

He shall fill all the world with the wisdom he shares

Like the sun fills a garden with light.

His shall be every throne that the Father can give

By the love and the power of might.

Seek the sun for the warmth that its bright rays can
give

And the rivers for waters that flow;

In the gardens seek flowers of heaven's own hue

Or the forests for wonders they show.

But the peace of a world lies unseen to the eyes

And the love of all time's tucked away

In the heart of a man, till the Spirit reveals

All the light of God's eternal day.

TUESDAY, MAY 1

Today's All-conquering Word: *My eye is single to the one Good, and my whole body is full of light.*

The statement for today is taken from the Unity calendar for May.

I am now established in the consciousness of infinite good and I see good manifesting everywhere. Evil can have no place in me, in my mind, or in my mind's eye. There is no place for evil in my mind or in my body. God, the one presence and the one power, fills me to overflowing and I am permeated with the presence of good.

The presence of good has cast all darkness and disease from my body and I am filled with spiritual light. This light makes me radiant with health. I am conscious of the presence of light, the presence of God everywhere, within me and without.

My eye is single to the good and I look through the very eyes of Spirit upon a world where good is prevalent. In my mind's eye I behold spiritual things; through my spiritual eyes I see these spiritual things manifest.

My eyes are cleared of all fog because my mind perceives the light of Truth. I see clearly and distinctly because I see with eyes of Truth.

The lamp of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.—*Matt. 6:22.*

WEDNESDAY, MAY 2

Today's All-conquering Word: *I give up all sense of burdens or anxieties. I rest in Truth and in God, knowing that all is well.*

I, the son of God, refuse to be weighted by the belief that things can oppress me. I refuse to carry burdens. I arise to the divine majesty of my high calling in Christ.

I am care free because I am free from all belief that care and anxiety can be a part of my life. I am free from the belief that persons, situations, or external things can affect me in any way.

Giving up anxiety, I give up the thought that external things can affect my happiness. Giving up the thought that I can be burdened by things of the world, I break all contact with the world of burdens.

I cast all cares upon the Lord, the Principle of Truth, knowing that all things will be adjusted by the perfect working of the law. I give up personal cares in order to give thought to God and His perfect working in me and in my affairs.

I rest in the care free truth of God since in His truth I am freed from care and anxiety. I rest in God and in Him I am one with perfect assurance that all is well with me and with the things which are in my keeping.

Cast thy burden upon Jehovah, and he will sustain thee.

—*Psalms 55:22.*

THURSDAY, MAY 3

Today's All-conquering Word: *This day I realize that in Truth I am free from fault or blemish. I now express my innate perfection in Christ.*

God has created me, His son, in His image and after His likeness. I am created without fault or blemish and now I know the truth of my divine perfection. I resolve not to think of myself as limited in any way. I will think of myself as I exist in God, in Truth.

In Truth, there is no fault or disease. In God, there is nothing but perfection. In man there exists naught but that which is of God. Freed from the belief that I am imperfect in any wise, I free myself from all manifestation of imperfection. I manifest the truth of God.

Christ within me is now expressing Himself as my divine sonship. As the son of God, as the expression of Christ, I cannot lack anything. I cannot be limited because Christ within me knows no limitation.

When I think of myself, I think of the Christ within me and I know that I am perfect in Christ. I rejoice to manifest perfection in Christ.

I keep my thought off limitation and imperfection and keep my mind centered in the perfect mind of Christ. In Christ I am every whit whole.

Able . . . to set you before the presence of his glory without blemish in exceeding joy.—*Jude 24.*

FRIDAY, MAY 4

Today's All-conquering Word: *My body is the temple of the healing Christ and is radiant with Christ's healing presence.*

Christ in the midst of me glorifies my body temple and it is filled with healing life. This holy Presence fills my body to the utter exclusion of every adverse manifestation. Weakness and disease cannot be manifested in my body because the presence of Christ is also a presence of strength and health.

I do not think of my body as a habitation of adversity and disease. I do not think of myself as susceptible to disease in any form. Disease has no place in me because my mind and my body temple are dedicated to the presence of Christ.

The healing truth of Christ saves me and delivers me from all belief in disease and death. In Christ I am eternally healthy and alive. Established in this truth I am assured that my mind and my body can know and can express naught but health. The presence of Christ—life, health, and strength—fills me completely and I am alive, healthy, and strong.

In my body I demonstrate health. Every belief in disease must give way to health. Health alone is true. The purifying, vitalizing, renewing, and satisfying life of Spirit is now upon me and my body is charged with bountiful health.

All flesh shall see the salvation of God.—*Luke 3:6.*

SATURDAY, MAY 5

Today's All-conquering Word: *I place myself, and my loved ones, and my affairs in the keeping of a just God and I know that henceforth we are justly dealt with.*

I give up all belief that injustice in any form can affect me or that which is mine. I am free from the belief that any person would intentionally try to deal with me unjustly. The belief in injustice cannot make me unhappy or dominate my affairs. I know that only God, the just, can govern me and my life.

My affairs are ruled solely by infinite justice. Divine order, wisdom, and prosperity are now established in my affairs through the working of divine justice. All those with whom I deal are lifted to the consciousness of right and justice and all my dealings with them are satisfactory.

I am not unjust toward my loved ones or toward others with whom I associate. The belief in injustice cannot enter into my home life, my business life, or my social life. I cannot entertain the belief that any person would try to interfere with my well-being.

Henceforth I realize that divine justice rules me entirely. I am established in the consciousness of justice because I dwell in the consciousness of God's overshadowing presence.

The thoughts of the righteous are just.—*Prov. 12:5.*

SUNDAY, MAY 6

Today's All-conquering Word: *I am willing to do my part in helping to make the lives of others happier and healthier.*

I rejoice to minister unto those about me and to help them to know the truth which makes life happier and sunnier. I share with them my knowledge of the truth and I bless them with my highest thoughts.

Each day I find some opportunity to be of service. I find the means whereby my associate comes into the possession of Truth and, consequently, comes into the realization of his divinity and perfection.

When I minister unto another, I am but serving the Christ within him. When I help another, I only assist him to behold the truth about himself. In serving another, I come into a clearer realization of God's perfect man and, consequently, realize the truth more clearly for myself.

I cure myself of all selfishness by losing sight of self and by ministering unto others. I free myself from all inclination to take the selfish attitude or to live in personal consciousness. My salvation from selfishness comes through rising above selfish desires and through serving the higher self, the Christ, in those about me.

Every opportunity to serve others is an opportunity to serve Truth and God.

The Son of man came not to be ministered unto, but to minister.—*Matt. 20:28.*

MONDAY, MAY 7

Today's All-conquering Word: God in the midst of me radiates love through me to every part of my world.

In the midst of me dwells God, divine love. I am unified with this love and it radiates through me to the circumference of my world. Such a wonderful love fills and thrills me that it makes me loving toward all whom I contact!

God in the midst of my being is divine and universal love. Selfishness and personal love have no place in my heart. All selfishness is eradicated from my mind because love rules me completely. I am not personal in my love because the love of God is not limited to personality.

Love is now manifesting in my body. Every part of my physical organism feels the loving presence of health. Love purifies my body and recharges it with loving health. Love soothes and warms my body and I know that God as love is within me and about me.

Love rules my finances and my environment. Naught but love can come into my business or into my world. Only love, only God, can have place in my sphere of activity. Hate and fear are now overcome because God, the omnipotent, recognizes no opposition.

If we love one another, God abideth in us, and his love is perfected in us.—*I John 4:12.*

TUESDAY, MAY 8

Today's All-conquering Word: *Christ is never separated from me or from the activities of my life. Christ forever lives within me.*

I am never alone because Christ is eternally one with me. He lives at the very center of my being. The same Christ who manifested in Jesus is now manifesting Himself in me.

Christ in me is the source of my life, my health, and my strength. From Christ issues all the life that I can live, all the health that I can desire, and all the strength that I can need to be strong and well.

Christ in me now comes forth, now manifests in me. All that I have ever desired as blessings from heaven now appears in my life. The health that I have sought now manifests and I am thankful for bountiful health.

Christ forever lives in me as my eternal life. No adverse belief can separate me from life. My body is filled with the eternal life of Christ. My Spirit is forever unified with the Spirit of Christ.

I draw upon Christ for all that I need, for all that I desire. Christ is my inexhaustible resource of life and health. Christ is my strength and upon Him I rely. I rest in Him and I am secure from all inharmony.

Christ liveth in me: and that *life* which I now live in the flesh I live in faith.—*Gal. 2:20.*

WEDNESDAY, MAY 9

Today's All-conquering Word: *The peace of God permeates me—my mind, my heart, and my whole being—and I am at peace with all persons and all things.*

I am free from all thought that inharmony can contact me or my world. I am free from all restlessness and all disturbances. Nothing can cause me to lose my poise or to become disquieted because I live in a consciousness of peace.

The peace of God permeates my mind and scatters all inharmony. My thoughts are impregnated with peace and I react to all situations and all things in a peaceful manner. The thought of peace causes my mind to become quiet and peaceful.

My heart is filled with the peace of God because naught but God's peace has place in my life. Naught but God can influence or direct me. My heart radiates with the peace of God's peaceful presence.

My whole being is charged with peace and my physical organism relaxes in the peace of God's presence. Since peace alone can fill my being, there can be no place for inharmony. I am filled to overflowing by the presence of infinite peace.

Peace surrounds and infolds me. My environment is one of harmony and peace. All things and all persons in my world are filled with peace.

If it be possible, as much as in you lieth, be at peace with all men.—*Rom. 12:18.*

THURSDAY, MAY 10

Today's All-conquering Word: *The order of heaven governs all my thinking and I put all my affairs in divine order.*

The order of Divine Mind now rules my mind and all my thoughts are in order. I think clearly and logically. I concentrate easily because all my thinking is centered upon that which I have at hand to do.

The perfect law of heaven governs me, my thinking, and my world. All things are now placed in order. Every semblance of disorder, every evidence of confusion, is transformed to perfect order.

The affairs of my home and of my business now change into order. All my goings and all my comings are orderly. All my business transactions are freed from disorder and are governed solely by perfect order.

My God is a God of perfect order and I place all things in His keeping.

My affairs are as orderly as the movement of the planets, as the dawning of the sun, as the appearing of each day. God in His heaven is the God of the orderliness which dominates my world.

Divine order now appears in every part of me and in all of my world and all things are acting together without friction or confusion.

God is not a God of confusion, but of peace.
—I Cor. 14:33.

FRIDAY, MAY 11

Today's All-conquering Word: *I have faith in God, the principle of Truth, and I have perfect assurance that all things are now working for my highest good.*

Since I am established in faith, I am free from all doubt and unbelief. I cannot lack faith in God, in myself, or in my fellow man. I have faith that God is expressing Himself now in all men and in all conditions. I have faith that the world is growing better because the knowledge of Truth is spreading to all parts of the world.

I have faith that God is with me at all times. I have faith that He fills my consciousness with Himself, His thoughts, and His faith. I have faith that His presence infolds me and protects me from all harm.

I have faith in prayer. I know that when I yearn for God and draw toward Him that He is at hand.

I have faith that all my affairs are now working to my highest good and that every circumstance and every situation in my life will yield some good to me. My faith cannot go unrewarded because the same God who inspires me to trust in Him will compensate my faith.

Faith is a confident assurance of that for which we hope, a conviction of the reality of things which we do not see.—*Heb. 11:1 (Weymouth version).*

SATURDAY, MAY 12

Today's All-conquering Word: *Giving up all belief in age, I lay hold of the eternal youth and the ever-renewing life of Spirit.*

Giving up all belief that I can become aged or crystallized in mind or in body, I free myself from those thoughts which would cause me to age, to crystallize, or to stagnate mentally or physically. I give up all thought of becoming old. I give up all disposition to look to age as my future condition.

Within me is a wellspring of eternal youth in Spirit. Within me the youth of Christ comes forth as my youth. I am eternally youthful because I am forevermore centered in the youthful, deathless life of God.

The ever-renewing life of Spirit renews me mentally and physically. My mind and my body are now renewed and recharged by the regenerating life of God. My whole being is filled with the renewing, revitalizing, regenerating presence of God and I am renewed, rebuilt, and regenerated in every part.

I am forevermore alive in Christ, who is within me and about me. I am eternally one with His youth and His eternal life. I am inseparably identified with youth and life and I am unified with the very presence of Christ.

If any man is in Christ, *he is a new creature.*
—II Cor. 5:17.

HE'S STANDING BY

FRANK V

He's standing by me all the while;
To look away from doubt and fear
And sometimes when the shadows fall
But need no longer be afraid for Jesus

He's standing by me all the time; it
I cannot falter, cannot fail; His love
I'll not complain, my lot bemoan; I'll
For Jesus stands at hand to cheer and

He's standing by me night and day
"Just lean on Me and have no fear
Just lift your thought to Me and know
I always feel that I can try when




NG BY ME ALL THE WHILE

FRANK WHITNEY

while; He'd have me look to Him and smile,
and fear and know that He is standing near.
Shadows fall, I need to know that God is All,
and for Jesus is at hand to aid.

time; it matters not the hour or clime;
; His love forever will prevail.
moan; I'll ne'er again think I'm alone,
cheer and have me know He's very near.

and day; I sometimes think I hear Him say:
no fear and some good blessing will appear;
and know that naught but Truth can e'er be so."
ry when I know Jesus is near by.



SUNDAY, MAY 13

Today's All-conquering Word: *The Spirit of Christ is within me and about me and I am unified forever with the presence of Christ.*

The Spirit of Christ within me is a strong tower of might. All things in the world come under the might of Christ and all things must yield to the power of Christ within me.

The Christ within me unifies me with God and at all times I am influenced by holy thoughts. Dwelling in spiritual consciousness, I can have no thought but the high and noble thought of the Christ mind. In this spiritual unity I know that I am eternally joined with Christ. I know that He is within me and about me.

At the very center of my being, Christ dwells in His perfection. I can never be separated from Christ because I am eternally joined with His indwelling Spirit.

My environment is God. His presence is all about me and I am infolded in His love, peace, and protection. I dwell in Him and He dwells in me.

The Spirit of Christ is with me wherever I go. I am never alone or forsaken. I am never without the peace, wisdom, and love of Christ.

If any man hear my voice and open the door, I will come in to him, and will sup with him, and he with me.—Rev. 3:20.

MONDAY, MAY 14

Today's All-conquering Word: *Through the forgiving power of Christ, I forgive every personal slight and erase it from my consciousness.*

It is easy for me to forgive because the forgiving love of the holy Spirit prompts me to forgiveness. I have power to erase from my consciousness every personal slight and to restore each person to his proper place in my affections.

That which another says or does, does not affect me in the least. His words and his actions are for his own accounting. All these things are for his personal demonstration. I need not be concerned over his overcoming. I need not feel that his actions toward me are other than those necessary for his own overcoming.

I am the son of God and no man can say anything against me. I abide in the high consciousness in which I am not affected by malicious words. I live in the consciousness in which I can easily forgive and forget personal slights and malicious intentions.

Christ in me is the active Spirit of forgiveness. I can readily forgive because I have access to the spiritual consciousness in which adverse situations are overlooked and in which Truth and Love are magnified. In Christ, I am forgiving and forgiven.

Forgive us our debts, as we also have forgiven our debtors.—*Matt. 6:12.*

TUESDAY, MAY 15

Today's All-conquering Word: *I abide in heaven here and now and the very blessings of heaven are now mine to enjoy.*

I do not look to any other time or to any other place for heaven. I know that heaven is not geographically located; that it is not found in some other part of the world. I live in heaven here and now because I live in the raptures of heavenly thought.

Looking away from the limitations of the present world I behold heaven now coming more and more into manifestation. In place of the so-called sins of the world, I see the blessings of heaven coming into expression.

Now is the only time and I rejoice to live in the eternal now of Spirit. I lift my thought and my vision to behold heaven existing now and here.

Abiding in the consciousness of heaven I draw to myself the richest blessings of heaven. I attract the good, the true, and the beautiful. I am a magnet for all things heavenly.

I keep my thought centered in God and I stay in heaven. Nothing can cause me to lose sight of my place in the eternal realm of harmony which Spirit is now setting up in my very midst.

The time is fulfilled, and the kingdom of God is at hand.—*Mark 1:15.*

WEDNESDAY, MAY 16

Today's All-conquering Word: *I am one with the light of God, the light of His presence, the light of His intelligence, the light of His guidance.*

The light of God casts out every adversity and every shadow from my life. No barrier to Truth can exist in my life. Nothing can keep the light of God from shining in me and about me.

The light of God dissipates every belief in darkness, adversity, or disease. This light banishes every fear-inspiring shadow and every vestige of ignorance. I am no longer superstitious, fearful, or ignorant.

The light of the presence of God fills me and surrounds me. At the center of my being, God shines and radiates. He throws light upon my path and illumines my way.

The light of His intelligence makes me wise and intelligent. I know the truth because the light of Truth illumines the pages of my life. My mind is filled with light and I see all things clearly and understandingly.

The light of His guidance directs me into paths of pleasantness and into ways of peace. I am not hesitant or undecided. God's light is a lamp to my feet and I go forward and upward.

While ye have the light, believe on the light, that ye may become sons of light.—*John 12:36.*

THURSDAY, MAY 17

Today's All-conquering Word: *Dwelling constantly in the consciousness in which I know my oneness with God and all good, I find that my prayers are answered.*

I abide in spiritual consciousness and I know that I am unified with God and with all the good there is. In this high consciousness I am at one with all blessings. Everything I desire comes into expression as the answer to my prayer.

I recognize prayer not as a supplication but as an intercommunion and interrelation with God within me. I know that when I come into a consciousness of my oneness with God I am at one with all that I desire.

When I pray I do not beseech God; I realize that God is always giving me the thing I need and desire. My part is to be conscious of the manifestation of my good and to be thankful for its appearance.

I dwell in a constant state of prayer, a constant state of realization that I am in possession of all that I need to express myself and God fully. I know that I have all that I need to live a full and a well-rounded life.

My desire for peace, health, and plenty is fulfilled by the manifestation and appearance of peace, health and plenty.

Pray without ceasing.—*1 Thess. 5:17.*

FRIDAY, MAY 18

Today's All-conquering Word: *I am established in the calm assurance and the peaceful patience which come through my knowing that God is now at work in all my affairs.*

My consciousness is cleared of every adverse belief which would make me impatient. I am no longer restless or impatient about my affairs or the future. I clear from my mind all tendency to attempt to hasten the swift-moving power of Spirit.

I am assured that God is at work in me and in my affairs because I know that He is always working in me and bringing me into a clearer consciousness of better things. The very presence of God assures me of perfect deliverance from adverse conditions.

I know that all things are now working satisfactorily because I know that the Spirit of wisdom, order, justice, and prosperity is quickening me and bringing my affairs to that high standard which I idealize and realize in Truth. I recognize that there can be but one outcome of my affairs; that outcome is good and perfect.

I am peaceful and patient.

Be patient therefore, brethren, until the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, being patient over it.
—James 5:7.

SATURDAY, MAY 19

Today's All-conquering Word: *Nothing in all this world can disturb the calm peace of my soul. I relax and rest in God's loving and protecting care.*

There is nothing which can disturb the calm peace and poise of Spirit who dwells within and about me. There is no person or external thing which can cause me to lose sight of my oneness with God. There is no situation or circumstance which can deprive me of the all-infolding peace and presence of God.

I free myself of all tenseness and of all sense of disturbance. I am established in the consciousness that only God, the good, can govern me and my life, and I abide in the peace and poise of infinite understanding.

My mind is relaxed from all tense thinking. I think the calm, peaceful thoughts of Spirit and my mind is filled with spiritual peace. The peaceful thoughts which I think manifest in my world as deep and abiding peace.

My body relaxes from all tenseness and I am at peace physically. My muscles and my nerves are now relaxed and they are strong and peaceful.

I abide forevermore in the calm peace of Spirit. In God I am relaxed, poised, and at peace.

My presence shall go *with thee*, and I will give thee rest.—*Exod. 33:14.*

SUNDAY, MAY 20

Today's All-conquering Word: *The overcoming power of Jesus Christ strengthens and heals me.*

This statement is the Silent Unity healing word to be used from May 20 to June 20.

Within me is the power of Christ, mighty to overthrow every belief in weakness or disease, powerful to cast out every adverse belief which would try to oppose the mighty strength of Spirit. Against this healing power, disease cannot prevail. No doubt of the healing power of Christ can stand against the manifestations of this power in His ministry. In me, Christ is now doing His work of healing and I am strong and well.

Every belief in sickness is now overcome by the truth of Christ now being established in my consciousness. Every thought that disease can impress itself upon me is now cast out because the healing power of Christ is filling me with strength and health.

The power of the Holy Spirit is now upon me and I am filled with healing power. My consciousness of spiritual power externalizes as physical health. My consciousness of health fills every cell, nerve, muscle, gland, and bone and I am powerfully strong.

I go forth this day knowing that I can overcome every adverse thing.

Ye shall receive power, when the Holy Spirit is come upon you.—*Acts 1:8.*

MONDAY, MAY 21

Today's All-conquering Word: *I am rich in the consciousness of my inexhaustible spiritual resource.*

This statement is the Silent Unity prosperity word to be used from May 20 to June 20.

I am now unified with the consciousness of God, the consciousness of inexhaustible riches. I no longer think of lack as having any place in my life. I do not countenance insufficiency in any form.

Rich in the consciousness of rich ideas, abiding in the knowledge that within me is the realm of all riches, I am established in the prosperity which causes prosperity to appear when it is needed. My rich ideas manifest as tangible riches.

My riches are inexhaustible because they are from God.

My spiritual resources are impregnated with the spirit of plenty. These inner resources are the spiritual counterparts of my riches in the manifest world and they are now appearing to me in tangible form.

The very riches of God now appear in my life as the manifestation of plenty in the form which I most need and most desire at this time. These riches appear as the fulfillment of God's love for me.

For Jehovah thy God bringeth thee into a good land . . . a land wherein thou shalt eat bread without scarceness, thou shalt not lack anything in it.
—Deut. 8:7, 9.

TUESDAY, MAY 22

Today's All-conquering Word: *I am always grateful for my blessings and appreciative of them. At all times, I am thankful.*

I wipe from my consciousness all tendency to be unappreciative or ungrateful. In every blessing that comes to me I see the bounty of God being poured out upon me.

I appreciate every good thing which comes to me and I give thanks for every evidence of God's love for me. I receive every blessing with thanksgiving and I acknowledge God as the Giver of all good gifts.

Through the spirit of thankfulness, my blessings increase and multiply. Because I am appreciative and thankful, I have power to receive blessings in greater measure.

I give thanks for my knowledge of Truth. I am grateful for every demonstration which I make by the power of Truth. I am thankful at all times.

I am thankful for prosperity. I see my affairs now being prospered by the prospering power of God and I give thanks that I have all sufficiency in all things. I know that I have an abundance for every need.

I am thankful for health and for strength. I am grateful that I know the truth of God.

Giving thanks always for all things in the name of our Lord Jesus Christ.—*Eph. 5:20.*

WEDNESDAY, MAY 23

Today's All-conquering Word: *The light of Christ within me shines upon my path and my way is plain and easy.*

The illuminating light of Christ within my being radiates through me and upon my path. All darkened thoughts are put to flight because the light of Truth is shining in my consciousness. This light is like a beacon light shedding its beams upon my whole life—illuminating my path and guiding my footsteps.

I have no personal problems henceforth because the light of Truth has revealed to me the fact that in Spirit there are no problems. I have the solution to all so-called problems. All indecision, doubt, and anxiety are scattered before the light of Truth.

There are no teachings of Truth which I cannot understand. I can understand all things because the light of God reveals Truth to me.

I always know which step to take. There is but one path ahead of me, the right path. I know the next step to take because the Spirit of infinite wisdom guides me and shows me the right path. The presence of Christ attends me and places my feet upon firm ground. I cannot make mistakes because God, the principle of Truth, governs my every act.

Thy word is a lamp unto my feet,
And light unto my path.

—*Psalms 119:105.*

THURSDAY, MAY 24

Today's All-conquering Word: *I am not interested in seeking or finding evil. I look for God, the good, and find Him wherever I look.*

I do not look for adversity. In my world, there is no sin, no evil, or adversity. I live in God's world of omnipresent good. I am in the very midst of infinite Good.

My eyes are spiritual and through them Spirit looks out upon a world of good. God in the midst of my being looks upon His world of perfection. In this world I behold the perfect manifestation of all good—peace, joy, health, and plenty.

Seeking for the good, I find it everywhere. Seeking for God, I find that He is always with me, at the heart of my being, always about me.

Seeking for God as joy, I find that He is constantly expressing His joy within me and through me. The joyful presence of God recompenses my search and I am content at having found Him.

Seeking for health, I find that in Truth I have always had bountiful health. I find that in Truth there is no disease to be discovered. I learn that health is of God and that God is omnipotent.

Seeking for plenty, I find plenty everywhere. I find abundant supply as my daily portion.

Those that seek me diligently shall find me.
—Prov. 8:17.

FRIDAY, MAY 25

Today's All-conquering Word: God, the principle of Truth, is my rule, chart, and standard of life and I measure my thoughts and words by Principle.

I think the truth because Truth is Divine Principle, God. I measure all my thoughts by the standard of God. I think the truth because Truth is the standard of Divine Mind.

I live and act according to Divine Principle because God is the ruler of my life and all my actions. I am alive because God in my midst is eternally alive.

Perfect health is the principle governing my physical organism. God is the standard of my health and in Him I am renewed, regenerated, and made alive forevermore. I am ruled and governed by God, who is perfection.

I cannot be governed by any negative thought or by any law of adversity. In Truth, neither negation nor adversity has any place. There is no principle in adversity or in disease. God is the only principle of my life.

I abide in the consciousness in which God reigns supreme. I am in the heavenly state in which Principle alone is recognized as all-powerful. In my heavenly consciousness I am forever unified with God, Divine Principle.

According to the measure of the province which God apportioned to us as a measure.—*II Cor. 10:13.*

SATURDAY, MAY 26

Today's All-conquering Word: *From the innermost depths of my being, I declare Truth to all the world.*

From the depths of subconsciousness and super-consciousness I speak the truth of God. I declare Truth and live it. I react to all situations with my consciousness of Truth.

I speak words of Truth in season. When I need to make a strong declaration of the freeing, healing power of Christ, I find that powerful words of Truth come forth from the high consciousness in which I abide with Christ.

Knowing the truth in the innermost part of my being, I am sure that Truth is established deeply within me. I know that I am so firmly grounded in Truth that I always react to adverse situations with an overpowering consciousness of Truth.

At times I am guided by Spirit to speak Truth silently. In silence there is power. The might back of the word of Truth makes itself felt whether the word is spoken silently or aloud.

I abide in the heights of spiritual realization because in the depths of consciousness I know Truth. I stand in the high places where Spirit abides because I am grounded in Truth.

Who shall dwell in thy holy hill?

He that . . . speaketh truth in his heart.

—*Psalms 15:1, 2.*

SUNDAY, MAY 27

Today's All-conquering Word: *In every situation I see an opportunity to express more of Truth and more of God.*

I welcome every opportunity to express more of the Spirit of Truth which abides within me. In every situation I see an opportunity to plant my feet on higher ground and to rise higher.

I do not cast aside opportunities. I do not reject chances to express more of the Christ Spirit within me. I make the most of every opportunity.

Through my consciousness that the way to express myself more fully is now being opened to me, I find opportunities on every hand. I find that every moment brings me fresh inspiration and fresh opportunity.

I am always willing to give others chances to do better things. I am always willing to help them to see the golden opportunities that Spirit is placing before them.

That which seems of no consequence and insignificant must yield its good to me. I extract the good from everything which comes my way and appropriate this good to my higher development. All things must yield their good to the might of Christ within me.

**The stone which the builders rejected
Is become the head of the corner.**

—Psalms 118:22.

MONDAY, MAY 28

Today's All-conquering Word: *In my consciousness of unity, there is no place for any thought which would cause me to live apart from others. I am unified with all people in Christ.*

I give up all tendency to cherish any belief that would separate me from others. I renounce every thought that would cause me to resist the friendly advances of other people.

I am forever free from all disposition to associate myself with cliques or factions. I am not interested in any movement or organization whose aim it is to limit or to destroy universal unity.

Where there is unity, there is God. God, who is the Holy One back of all existence, is that indivisible unity underlying all being. In my unity with God I find a desire to be unified with all things and all persons.

In universal unity, I am unified with God's life, love, and health. I am at-one with all others in universal love and life.

I am forever identified with all that God is. I am at-one with the good wherever it is found and I am unified with good thoughts, good motives, and good will.

Behold, how good and how pleasant it is
For brethren to dwell together in unity!

—*Psalms 133:1.*

TUESDAY, MAY 29

Today's All-conquering Word: *My mind is at-one with the mind of Christ within me and all my thoughts are peaceful and harmonious.*

Freeing myself from all adverse thought, I find myself at-one with the mind of Christ within me. Free from all thoughts of sin, disease, and death, I am joined with thoughts of good, health, and life.

Through the power of Christ within me, I have power to discipline all my thinking. Christ is the standard of my thinking and I conform all my thoughts to the Christ mind.

The deep peace of Christ pervades my mind and makes my thoughts peaceful and harmonious. Every adverse or peace-destroying thought is cast out of my mind because the peace of God reigns there supreme.

My mind is unified with the great intelligence back of all existence. In this intelligence, I, too, am intelligent. I know how to think about every situation. I know how to apply Truth. I know how to heal even as Christ healed.

The mind of Christ is now active in me and I am saved from all adverse thought. Neither adversity nor disease can reach my thought because I am established in the consciousness in which Christ—good and health—is supreme and all-powerful.

The peace of God . . . shall guard your hearts and your thoughts.—*Phil. 4:7.*

WEDNESDAY, MAY 30

Today's All-conquering Word: I give up all tendency to be sad or unhappy. The joy of my indwelling Lord fills my heart and I am exalted with joy.

I realize that God's will for me is joy and happiness. In this consciousness I free myself from all tendency to be sad or morose. I no longer live in the memory of unpleasant experiences. I live in the fullness of joy this very day.

I no longer dwell in personal consciousness. I am not affected by the absence or the presence of others. My happiness does not depend upon persons or things. I live in Christ, in the eternal now, in the joy of Spirit.

The joy of the Lord fills my heart and I am overflowing with joy.

The presence of joy exalts me and I am lifted to heaven. In this heavenly realm only joy can exist. In this heaven there are no unpleasant memories nor is there any sense of loss. In this heaven only God and Truth exist.

Dwelling in the consciousness of joy I find that my mind and my body are charged with the joy of Spirit.

Thou hast turned for me my mourning into dancing;
Thou hast loosed my sackcloth, and girded me with gladness.

—Psalms 30:11.

THURSDAY, MAY 31

Today's All-conquering Word: *In my mind's eye I behold the reality back of all things and I see all things as real and true.*

In my mind's eye I behold the perfect and the true. I see the reality of God back of the appearance of evil, limitation, and lack. I have power to behold the presence of infinite good where according to appearances adversity would seem to exist.

Through my consciousness of Truth, I am able to see the truth that is the background of all things in the manifest world. I have power to look through the fog of material existence and to see the spiritual world coming into manifestation. I have power to see beyond disease and to behold health.

Appearances do not discourage or deceive me. That which appears as real cannot exist unless it is founded on God, reality. I see the world of Spirit, the world of light, now displacing and replacing the world of adversity, the world of shadow.

I behold the Christ in each one I see. In every man I see past seeming limitation and see the real Christ self, his innate divine perfection.

I behold the Christ in every part of my world. I see Christ manifesting Himself as the greatest blessing which He can bring into my life.

See that thou make them after their pattern, which hath been showed thee in the mount.—*Exod. 25:40.*

THE PURPOSE OF UNITY

The purpose of Unity is not to found another sect, but to show Christians their common aim and their common brotherhood; not to separate them or to emphasize their differences, but to bind them more closely, helping them to apply to their daily living the principles taught by Jesus Christ, thus making practical their church affiliations. Unity largely spreads its faith by way of its literature, giving a metaphysical interpretation of the Scriptures and explaining the action of the mind—the connecting link between God and man—how mind affects the body, producing discord or harmony, sickness or health, and brings man into an understanding of divine law, harmony, health and peace, here and now.

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Second Step—Write his name and your name on the blank on the next page but do not remove the page from the magazine at this time.

Third Step—Each day after you have enjoyed the lesson in your *Unity Daily Word*, turn to the page where you have written the names and declare prosperity for both of you.

Fourth Step—Keep yourself open and receptive to the inflow of prosperity from any unexpected source. Be willing to be a channel through which prosperity can express itself. We assure you that an extra dollar will come to you at some time during the month and that you will know definitely that it is for your friend's subscription.

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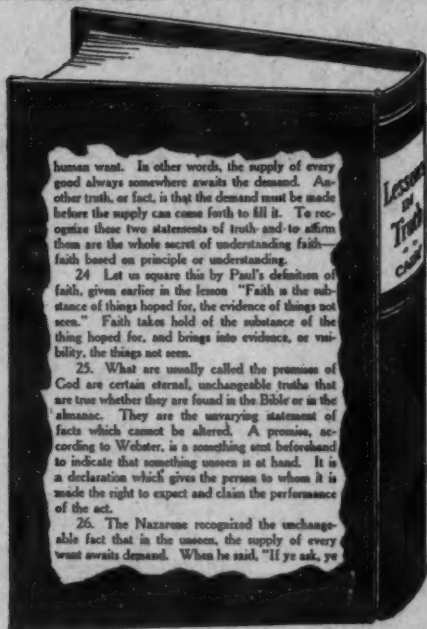
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TWELVE LESSONS IN PRACTICAL CHRISTIANITY



human want. In other words, the supply of every good always somewhere awaits the demand. Another truth, or fact, is that the demand must be made before the supply can come forth to fill it. To recognize these two statements of truth and to affirm them are the whole secret of understanding faith—faith based on principle or understanding.

24. Let us square this by Paul's definition of faith, given earlier in the lesson "Faith is the substance of things hoped for, the evidence of things not seen." Faith takes hold of the substance of the thing hoped for, and brings into evidence, or visibility, the things not seen.

25. What are usually called the promises of God are certain eternal, unchangeable truths that are true whether they are found in the Bible or in the almanac. They are the unvarying statement of facts which cannot be altered. A promise, according to Webster, is a something sent beforehand to indicate that something unseen is at hand. It is a declaration which gives the person to whom it is made the right to expect and claim the performance of the act.

26. The Nazarene recognized the unchangeable fact that in the unseen, the supply of every want awaits demand. When he said, "If ye ask, ye

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